

Arkansas Baked Almond Catfish

Makes: 6 Servings

"My family loves catfish, especially fried, but my dad and other family members have heart problems," says Aspen. "I wanted something that was healthier for all of us to enjoy. I love to cook and bake and this is really healthy, good, and easy to prepare. I watch cooking shows all the time and put a few ideas together in this recipe. I love it and hope you do, too!"

Ingredients

2 pounds catfish fillets

1/2 cup low-fat milk

1 large egg

1 teaspoon salt

1/4 teaspoon black pepper

1 cup breadcrumbs or panko (Japanese breadcrumbs)

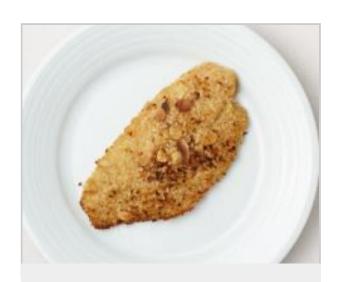
1/2 cup sliced almonds

1/4 onion, peeled and minced

1 tablespoon unsalted butter, melted

Directions

- Preheat the oven to 500°F. Cut the catfish fillets roughly in half, so you have enough to feed 6 people evenly. Lightly grease a large baking sheet.
- 2. **In a medium bowl,** whisk together the milk, egg, salt, and pepper. In a separate bowl, combine the breadcrumbs, almonds, and onion.
- 3. Dip the fish pieces in the milk and egg mixture, then dredge them in the breadcrumb mixture, making sure they are evenly coated on both sides. Place the fish pieces on the baking sheet, drizzle with the melted butter and bake



Nutrition Information

calorie diet.

| Key Nutrients | Amoun‰ Da | aily Valu |
|--|-----------|-----------|
| Total Calories | 273 | |
| Total Fat | 11 g | 17% |
| Protein | 28 g | |
| Carbohydrates | 16 g | 5% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 3 g | 14% |
| Sodium | 596 mg | 26% |
| *Percent Daily Values are based on a 2,000 | | |

for 15 minutes, or until the fish flakes easily with a fork. The 2015 Healthy Lunchtime Challenge Cookbook